RankTime

FREE PRINTABLE · 4 PAGES

EVERY MINUTE ON THE MINUTE

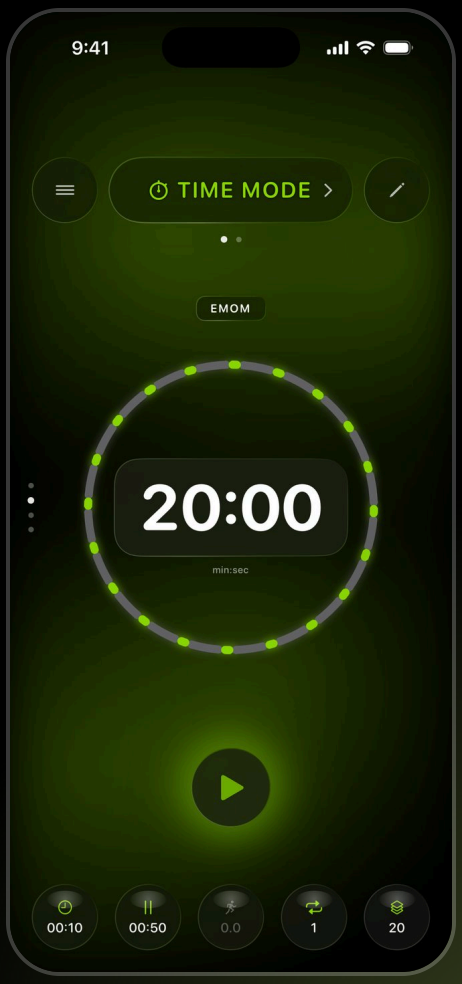
EMOM Workouts

How EMOM works, how to pick your reps, four workouts from 10 to 20 minutes, and a log to track every session.

2 EMOM on one page

3 Four EMOMs and your log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/emom-workout/
Made by RankTime, the workout timer that counts your reps.

HOW IT WORKS

EMOM, every minute

At the start of every minute, do a set number of reps. Rest until the next minute begins. Go again. The faster you move, the more you rest.

EXAMPLE: 10 PUSH-UPS A MINUTE, 10 MINUTES	
Set takes 20 s	You rest 40 s
Set takes 45 s	You rest only 15 s
Total	100 push-ups in 10 minutes

Why it works

- **Built in pacing:** the clock holds you back.
- **Lots of quality reps** in small sets.
- **Easy to track:** one more rep, or two more minutes.
- **Fits any exercise,** even pull-up practice.

How to pick your reps

Your set should take 20 to 40 seconds, leaving at least 20 seconds of rest. Start at about half of your best all out set: a max of 20 push-ups means 10 a minute. If you cannot finish a set inside the minute, drop the reps and keep going.

My max _____ **Half = my reps a minute** _____

EMOM, Tabata or AMRAP?

- **EMOM:** fixed reps each minute, rest is whatever is left over.
- **Tabata:** fixed time, 20 seconds of work and 10 of rest, as many reps as you can.
- **AMRAP:** as many rounds or reps as possible in a set time, resting only when you choose.

WORKOUTS TO TRY

Four EMOMs

BEGINNER · 10 MIN

Squats

Every minute: 10 air squats. 100 squats with plenty of rest.

ALTERNATING · 12 MIN

Push-ups and squats

Odd minutes: 8 push-ups. Even minutes: 12 squats. Six rounds of each.

PULL-UP BUILDER · 20 MIN

Pull-ups

Every minute: 2 to 5 pull-ups. 40 to 100 pull-ups in small, crisp sets.

THREE MOVE · 15 MIN

Swings, push-ups, squats

Minute 1: 10 kettlebell swings. Minute 2: 10 push-ups. Minute 3: 15 squats. Five times.

My EMOM log

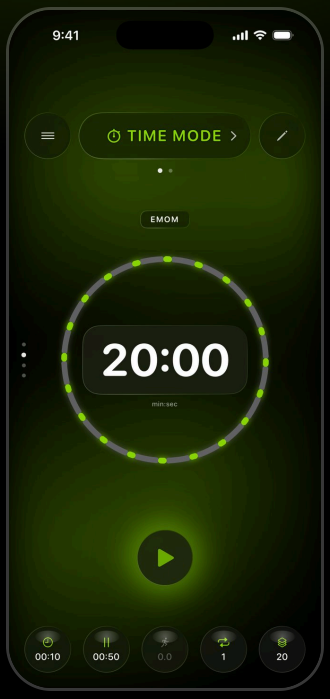
DATE	WORKOUT	REPS A MINUTE	MINUTES	TOTAL	HOW IT FELT

RankTime

TRAIN IT WITH RANKTIME

Run your EMOM with RankTime

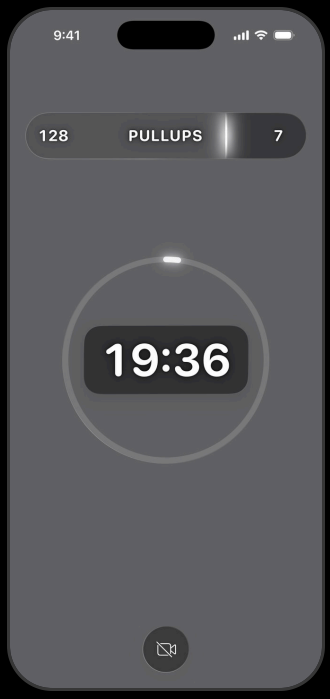
The EMOM page is ready in TIME mode: 20 rounds of one minute. Sound, vibration and full screen colour mark every minute.



EMOM: 20 rounds, 20:00.



Go when it turns lime.



Rest while it is grey.

1. Open TIME mode and swipe up or down to the EMOM page.
2. Set work to match your set: 25 s of reps means work 25, rest 35.
3. Press play. Go when the screen turns lime, rest when it turns grey.
4. Prefer reps? In REPS mode the camera counts every rep for you.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone